



OFFICE OF PUBLIC INSTRUCTION

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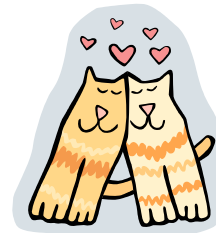
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Linda McCulloch
Superintendent



THINK FOOD

School Nutrition Programs
February 2006



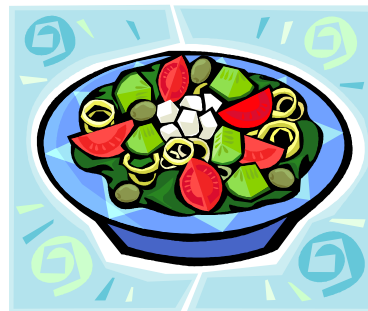
BOOST FRUIT AND VEGETABLE INTAKE WITH A SALAD BAR

When it comes to fruits and vegetables, variety and vibrant presentation are big factors in influencing student desire for these foods. Salad bars and theme bars encourage intakes because students get to make their own choices and they like the feeling of control over what is put on their plates. When constructing a salad bar, try contrasting textures, colors and shapes, and be sure to brighten the bar with colorful fruits and vegetables. Remember that we eat with our eyes first.

Check out the CD-ROM enclosed with the *Fruits and Vegetables Galore* publication that the U.S. Department of Agriculture provided to school food service directors last year for tips on how to keep fruits and vegetables looking their best. The publication gives many ideas on encouraging fruit and vegetable intake and includes some great posters, so if you haven't taken the time to look at the materials, you are missing out on an excellent resource. Adapted from Child Nutrition News, Vol. 3, No. 4/2005/06.

YOU CAN ALSO OFFER SPLENDID SALADS WITHOUT A SALAD BAR

There are several ways to encourage fruits and vegetables without investing in a full salad bar. Salads-to-go and salad shakers can be prepared in many different styles, i.e., Caesar, chef, and garden, and offered as a quick option for students. Made-to-go fruit salads are another hit among students.



With all of these options, it's important to use containers that students can see through and that maximize the visual appeal of the contents. Adapted from Child Nutrition News, Vol. 3, No. 4/2005/06.

ROUTE TO:	_____ Food Service Director
	_____ Kitchen Staff
	_____ Administration

"It is the mission of the Office of Public Instruction to improve teaching and learning through communication, collaboration, advocacy, and accountability to those we serve."

THIS IS THE LAST THINK FOOD FOR THE SCHOOL YEAR!

Time flies and this is already our final shipment for the school year. Remember to complete your orders for next year on-line at the Web site: www.opi.mt.gov/schoolfood/foodDistNEW.html.

Orders are due by February 17, 2006.

Call Judy Wilson, Food Distribution Coordinator, (406) 444-4415 or e-mail juwilson@mt.gov if you have questions.

UPCOMING ABC MEETINGS



The Advisory Bid and Commodity (ABC) Committee will be holding its final three meetings for the school year soon. The first meeting will be on February 28 in Miles City at the Guest House Inn; the second will be on March 2 in Great Falls at the Holiday Inn; and the final meeting will be on March 3 in Missoula at a location to be announced. If there are items you would like put on the agenda, you may call Judy Wilson, (406) 444-4415 or e-mail juwilson@mt.gov.

MARK YOUR CALENDARS FOR THE SUMMER CONFERENCE

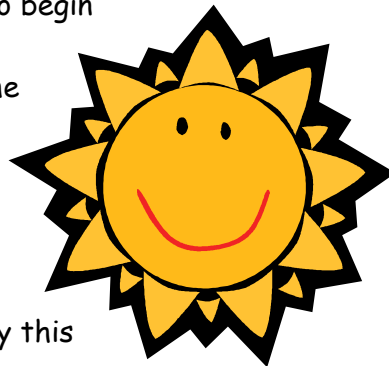
The annual Montana School Nutrition Association Conference will be held the final week of June 2006. This is always a great opportunity to learn a lot and to connect with your peers. Plan now to attend this valuable conference.

COOPERATIVE BID ITEMS DISCONTINUED

Look for the enclosed notice regarding Cooperative Bid items that have been discontinued. These items will be deleted from the bid.

SUMMER FOOD SERVICE PROGRAM

Now is the time to begin thinking about participating in the Summer Food Service Program (SFSP). Are there children in your community that will go hungry this summer? Just as



learning does not end when school lets out, neither does the need for good nutrition. Children who aren't hungry learn better, act better, and feel better. The Summer Food Service Program helps children get the nutrition they need to learn, play, and grow throughout the summer months when they are out of school. If you would like more information on the Summer Food Service Program, call the School Nutrition Programs office, (406) 444-2501, or e-mail Sofia Janik, sjanik@mt.gov.



Forms and other important information regarding School Nutrition Programs can be found on the Web page www.opi.mt.gov.